



## LECTIO DIVINA

### **Instructions:**

Select a scripture passage or story to pray through this lectio divina (pronounced lek-tsee-oh dih-vee-nuh), or "divine reading" exercise. Video chat isn't necessary for this activity, but can enhance it.

### **Lectio (Reading):**

Invite participants to listen prayerfully. Read the scripture passage slowly.

### **Meditatio (Meditation):**

Invite participants to listen for a word or phrase that sticks out to them. What does the text say to you, today? Ask someone else to read the scripture passage. Invite participants to share the words or phrases that spoke to them. What stood out? Did it bring up memories or paint images in your mind?

### **Oratio (Prayer):**

Ask someone new to read the scripture passage. Ask another participant to offer a prayer.

### **Contemplatio (Contemplation):**

Invite participants to be still with God and remain in silence for a period of time. Ask someone new to read the scripture passage. Invite participants to share what they might say to God in response to what they've heard.

### **Actio (Action):**

Ask someone new to read the scripture passage. Invite participants to share how they feel God might be calling them to action in response to what they've heard.

Close the exercise with prayer.